

RHAGLEN DATBLYGU'R GWEITHLU GOFAL CYMDEITHASOL CYMRU

SOCIAL CARE WALES WORKFORCE DEVELOPMENT PROGRAMME

Rhifyn 38 - Issue 38 Mehefin - June 2025

Hyfforddiant Codi a Chario



Ydych chi'n ddarparu neu'n weithiwr gofal cartref? Ydych chi'n berchen ar neu'n gweithio mewn gartref gofal preswyl? Efallai eich bod chi'n Gynorthwydd Personol? Os felly, mae'r hyfforddiant a'r cymorth hwn ar gael i chi, p'un a ydych chi'n ofalwr newydd neu'n ofalwr profiadol.

Bydd yr hyfforddiant yn cael ei gyflwyno yn unol â Chynllun Pasbort Codi a Chario Cymru Gyfan (AWMHPS) Cymdeithas Llywodraeth Leol Cymru (WLGA). Bydd hyn yn lleihau'r risg o anaf i chi a'r unigolyn rydych chi'n ei gefnogi, p'un a ydych chi'n ei gynorthwyo i sefyll, cerdded, mynd i mewn ac allan o'r gwely, darparu gofal gwely, neu ddefnyddio hoist.

Hyfforddiant Pasbort Codi a Chario 2 Ddiwrnod

24/06/2025 a 25/06/2025, 09:15–16:00
05/08/2025 a 06/08/2025, 09:15–16:00
02/09/2025 a 03/09/2025, 09:15–16:00
07/10/2025 a 08/10/2025, 09:15–16:00

Hyfforddiant Diweddarau Codi a Chario

15/07/2025, 09:15–16:00
18/09/2025, 09:15–16:00

Hyfforddiant Rhyddhau Amser i Ofalu

13/08/2025, 09:15–16:00
16/10/2025, 09:15–16:00

Hyfforddiant Asesiadau Risg Codi a Chario (Yr Hanfodion)

29/07/2025, 09:15–16:00
23/09/2025, 09:15–16:00

Hyfforddiant Codi a Chario Pethau Difywyd

22/07/2025, 09:15–12:30
30/09/2025, 09:15–12:30

Gweithdai Datblygiad Proffesiynol Parhaus Codi a Chario

Am ddim i unigolion sydd wedi cwblhau'r Hyfforddiant Pasbort Codi a Chario 2 Ddiwrnod gyda Chyngor Ceredigion.
22/07/2025, 13:00–16:00
24/09/2025, 13:00–16:00

Bydd y cyrsiau codi a chario yn cael eu cynnal yn yr ystafell hyfforddi codi a chario ym Mhenmorfa, Aberaeron.

Am fwy o wybodaeth am y cyrsiau Codi a Chario, gan gynnwys y ffioedd, [cliciwch yma](#).

I archebu lle ar unrhyw un o'r cyrsiau uchod, e-bostiwch dysgu@ceredigion.gov.uk

Manual Handling Training

Are you a domiciliary care provider or worker? Do you own or work in a residential care home? Maybe you're a Personal Assistant? If so, this training and support is available to you, whether you're a new or experienced carer.

Training will be delivered in line with the Welsh Local Government Association (WLGA) All Wales Manual Handling Passport Scheme (AWMHPS). It will lower the risk of injury to both you and the individual you support, whether you are assisting them to stand, walk, getting in and out of bed, providing bed care, or using a hoist.

2-day Manual Handling Passport Training

24/06/2025 & 25/06/2025, 09:15–16:00
05/08/2025 & 06/08/2025, 09:15–16:00
02/09/2025 & 03/09/2025, 09:15–16:00
07/10/2025 & 08/10/2025, 09:15–16:00

Manual Handling Update Training

15/07/2025, 09:15–16:00
18/09/2025, 09:15–16:00

Releasing Time to Care Training

13/08/2025, 09:15–16:00
16/10/2025, 09:15–16:00

Manual Handling Risk Assessments (The Essentials) Training

29/07/2025, 09:15–16:00
23/09/2025, 09:15–16:00

Inanimate Load Handling Training

22/07/2025, 09:15–12:30
30/09/2025, 09:15–12:30

Manual Handling Continuous Professional Development Workshops

Free for individuals who have completed the 2 day Manual Handling Passport with Ceredigion Council.
22/07/2025, 13:00–16:00
24/09/2025, 13:00–16:00

The manual handling courses will be held in the manual handling training suite at Penmorfa, Aberaeron.

For more information about the Manual Handling courses, including the fees, please [click here](#).

To book a place on any of the above courses, please email dysgu@ceredigion.gov.uk

Gweld yr Arwyddion, Newid y stori – Cyfres Gweminar Am Ddim



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

Spot the Signs, Change the Story – A Free Webinar Series

Mae'r gyfres weminarau pedair rhan am ddim hon gan Iechyd Cyhoeddus Cymru ar gyfer gofalmwr sy'n cefnogi pobl hŷn.

Mae pob sesiwn yn cynnwys straeon go iawn, mewnwelediadau arbenigol, ac awgrymiadau ymarferol i'ch helpu chi:

- Dod yn arsylwr brwd
- Adnabod pan allai rhywun yn eich gofal fod yn sâl
- Teimlo'n fwy hyderus wrth weithredu'n gynnar a gwneud gwahaniaeth

Gallwch archebu eich lle drwy ddefnyddio'r dolenni isod:

- [Pennod 1: Beth yw Haint y Llwybr Wrinol \(UTI\)?](#) - 28/07/2025, 14:00–15:00
- [Pennod 2: Defnyddio Offer i Adnabod Arwyddion Dirywiad](#) - 06/08/2025, 11:00–12:00
- [Pennod 3: Sut i Gyfathrebu Eich Pryderon](#) - 19/08/2025, 14:00–15:00
- [Pennod 4: Deall Ymataliaeth a Gofal Coluddyn](#) - 01/09/2025, 11:00–12:00

This free four-part webinar series from Public Health Wales is for carers who support older people.

Each session features real stories, expert insights, and practical tips to help you:

- Become a keen observer
- Recognise when someone in your care might be unwell
- Feel more confident in acting early and making a difference

You can book your place by using the links below:

- [Episode 1: What is a Urinary Tract Infection \(UTI\)?](#) - 28/07/2025, 14:00–15:00
- [Episode 2: Using Tools to Identify Signs of Deterioration](#) - 06/08/2025, 11:00–12:00
- [Episode 3: How to Communicate Your Concerns](#) - 19/08/2025, 14:00–15:00
- [Episode 4: Understanding Continence & Bowel Care](#) - 01/09/2025, 11:00–12:00

Adnodd Sgiliau Ymchwil, Arloesi, a Gwella Newydd ar gyfer y Gweithlu Gofal Cymdeithasol



New Research, Innovation, and Improvement Skills Resource for the Social Care Workforce

Mae Gofal Cymdeithasol Cymru yn falch o gyhoeddi bod yr [adnodd Sgiliau Ymchwil, Arloesi, a Gwella](#) bellach ar gael.

Mae'r adnodd wedi'i gynllunio i helpu unigolion sy'n gweithio ym maes gofal cymdeithasol i ddod o hyd i hyfforddiant a chyfleoedd perthnasol i ddatblygu eu sgiliau ymchwil, arloesi, a gwella. Mae'n cynnwys dolenni i gyfleoedd defnyddiol, wedi'u hysgrifennu mewn iaith glir ac arddull syml.

Mae'r cyfeiriadau wedi'u grwpio mewn pedwar thema allweddol:

- Defnyddio tystiolaeth
- Gwella ac arloesi
- Gwerthuso eich gwaith
- Llunio diwylliant

Gellir anfon adborth ar yr adnodd hwn i grwpgwybodaeth@gofalcymdeithasol.cymru

Social Care Wales is excited to announce that the [Research, Innovation, and Improvement Skills resource](#) is now live.

The resource is designed to help individuals working in social care find relevant training and resources to develop their research, innovation, and improvement skills. It includes links to useful opportunities, written in plain language and simply laid out.

The signposts are grouped into four key themes:

- Use evidence
- Improve and innovate
- Evaluate your work
- Shape culture

Feedback on this resource can be sent to insightcollective@socialcare.wales

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Cynhadledd Ieuenctid 2025



Hoffai Gwasanaeth Ieuenctid Ceredigion eich gwahodd i gynhadledd ieuenctid ar 24ain o Fehefin 2025, rhwng 09:00–16:00 yng Nghanolfan Gynadledda Medrus, Prifysgol Aberystwyth.

Fel rhan o Wythnos Gwaith Ieuenctid yng Nghymru, bydd y digwyddiad hwn yn dathlu gwaith ieuenctid drwy ddod â phobl ifanc, arweinwyr a phobl sydd wedi sbarduno newid ynghyd i drafod atal trais ymhlith pobl ifanc, ymgysylltu ar-lein â phobl ifanc, gweithio rhwng y cenedlaethau, ymyrraeth gynnar, a llawer mwy.

Mae'r digwyddiad hwn ar gyfer gweithwyr proffesiynol a'r rhai sydd â diddordeb mewn gwaith ieuenctid. Mae'n ddiwrnod i gysylltu, dysgu, a llunio dyfodol gwaith ieuenctid yng Nghymru.

[Cofrestrwch eich diddordeb](#)

Youth Conference 2025

Ceredigion Youth Service would like to invite you to a youth conference on 24th June 2025, from 09:00–16:00 at Medrus Conference Centre, Aberystwyth University.

As part of Youth Work Week in Wales, this event will celebrate youth work by bringing together young people, leaders, and changemakers to explore preventing youth violence, online engagement with young people, intergenerational working, early intervention, and much more.

This event is for professionals and youth work enthusiasts. It's a day to connect, learn, and shape the future of youth work in Wales.

[Register your interest](#)

Modiwlau eDdysgu



eLearning Modules

Mae'r modiwlau canlynol ar gael ar Bwll Dysgu Ceredigion:

- Cyfamod y Lluoedd Arfog
- Ymwybyddiaeth o Ofalwyr
- Cydraddoldeb ac Amrywiaeth
- Iechyd a Diogelwch ar gyfer Sefydliadau Allanol
- Atal a Rheoli Heintiau
- Cyflwyniad i Brofiadau Niweidiol yn ystod Plentynodod a Arferion sy'n Ystyriol o Drawma yng Nghymru
- Cyflwyniad i feysydd Gofal a Gofal Personol
- Cyflwyniad i Hylendid Bwyd
- Trin a Thrafod Gwrthrychau
- Trin a Thrafod Pobl
- Ymwybyddiaeth Deddf Galluedd Meddyliol 2005
- Diogelu Unigolion sydd mewn Perygl o Ddirodded Troseddau Bregusrwydd
- Sut i Ddarparu Meddyginiaethau yn Ddiogel
- Diogelu Plant ac Oedolion Grŵp A
- Deall Anhwylder Diffyg Canolbwyntio a Gorfywiogrwydd (ADHD)
- Deall Awtistiaeth
- Awtistiaeth - Deall Cyfathrebu Effeithiol
- Deall Asesiad ac Awtistiaeth
- Deall Syndrom Tourette
- Confensiwn y Cenhedloedd Unedig ar Hawliau'r Plentyn
- Trais yn Erbyn Menywod, Cam-drin Domestig a Thrais Rhywiol
- Ymwybyddiaeth o'r Gymraeg

Os nad oes gennych gyfrif Pwll Dysgu Ceredigion ac yr hoffech gael mynediad i'r modiwlau uchod, e-bostiwch dysgu@ceredigion.gov.uk

The following modules are available on Ceredigion Learning Pool:

- Armed Forces Covenant
- Carer Aware
- Equality & Diversity
- Health & Safety for External Organisations
- Infection Prevention & Control
- Introduction to Adverse Childhood Experiences & Trauma Informed Practices in Wales
- Introduction to Care & Personal Care
- Introduction to Food Hygiene
- Manual Handling of Objects
- Manual Handling of People
- Mental Capacity Act 2005 Awareness
- Protecting Individuals at Risk of Vulnerability Crimes
- Safe Administration of Medicines
- Safeguarding Children & Adults Group A
- Understanding ADHD
- Understanding Autism
- Autism - Understanding Effective Communication
- Understanding Assessment and Autism
- Understanding Tourette Syndrome
- United Nations Convention on the Rights of the Child
- Violence Against Women, Domestic Abuse & Sexual Violence
- Welsh Language Awareness

If you don't have a Ceredigion Learning Pool account and would like to access the above modules, please email dysgu@ceredigion.gov.uk

HYFFORDDIANT SYDD AR Y GWEILL

FORTHCOMING TRAINING

Hyfforddiant Rhithwir

- **Diogelu Oedolion Grŵp C ar gyfer Uwch Ymarferwyr a Phobl Dynodedig**
30/06/2025 a 01/07/2025, 09:30–16:30 (angen mynychu'r ddau ddiwrnod)
- **Hyfforddiant Atal Niwed sy'n Gysylltiedig â Gamblo ar gyfer Staff sy'n Gweithio gyda Phobl Ifanc**
14/07/2025, 10:00–11:00
- **Deall Eiriolaeth Broffesiynol Annibynnol**
15/07/2025, 10:00–11:00
14/10/2025, 14:00–15:00
- **Alcohol a Sgrinio**
16/07/2025, 09:30–12:30
- **Ymwybyddiaeth Sylfaenol o Gamddefnyddio Sylweddau**
12/09/2025, 09:30–13:30
09/10/2025, 09:30–13:30

Hyfforddiant Wyneb yn Wyneb

- **Rheoli'r Bledren a'r Coluddyn**
19/06/2025, 10:00–12:30, Penmorfa, Aberaeron
19/06/2025, 13:30–16:00, Penmorfa, Aberaeron
- **Cyfyngau Cymdeithasol, Plant a Phobl Ifanc gan ddefnyddio Realiti Rhithwir**
23/06/2025, 09:30–15:30, Penmorfa, Aberaeron
- **Gweithio gydag Oedolion y mae Trawma yn ystod Plentynod yn dal i Effeithio Arnynt gan ddefnyddio Realiti Rhithwir**
25/06/2025, 09:30–12:30, Penmorfa, Aberaeron
- **Hyfforddiant Gofal Cathetr a Stoma**
11/07/2025, 10:00–12:30, Canolfan Rheidol, Aberystwyth
11/07/2025, 13:00–15:30, Canolfan Rheidol, Aberystwyth
- **Dechrau'r Galon / Cymorth Cyntaf Brys**
15/09/2025, 10:30–13:30, HCT, Aberystwyth
02/10/2025, 10:30–13:30, Penmorfa, Aberaeron

Am ragor o wybodaeth neu i archebu lle ar cwrs, cysylltwch â:

Virtual Training

- **Safeguarding Adults Group C for Senior Practitioners and Designated Persons**
30/06/2025 & 01/07/2025, 09:30–16:30 (need to attend both days)
- **Gambling Harms Prevention Training for Staff Working with Young People**
14/07/2025, 10:00–11:00
- **Understanding Independent Professional Advocacy**
15/07/2025, 10:00–11:00
14/10/2025, 14:00–15:00
- **Alcohol and Screening**
16/07/2025, 09:30–12:30
- **Basic Substance Misuse Awareness**
12/09/2025, 09:30–13:30
09/10/2025, 09:30–13:30

Face to Face Training

- **Bladder and Bowel Management**
19/06/2025, 10:00–12:30, Penmorfa, Aberaeron
19/06/2025, 13:30–16:00, Penmorfa, Aberaeron
- **Social Media, Children & Young People using Virtual Reality**
23/06/2025, 09:30–15:30, Penmorfa, Aberaeron
- **Working with Adults with Unresolved Childhood Trauma using Virtual Reality**
25/06/2025, 09:30–12:30, Penmorfa, Aberaeron
- **Catheter and Stoma Care**
11/07/2025, 10:00–12:30, Canolfan Rheidol, Aberystwyth
11/07/2025, 13:00–15:30, Canolfan Rheidol, Aberystwyth
- **Heart Start / Emergency First Aid**
15/09/2025, 10:30–13:30, HCT, Aberystwyth
02/10/2025, 10:30–13:30, Penmorfa, Aberaeron

For more information or to book onto a course, please contact:

dysgu@ceredigion.gov.uk

01970 633949

ceri.ceredigion.gov.uk/learning/cy/
ceri.ceredigion.gov.uk/learning/

